BENGALURU, SUNDAY, JULY 16, 2023 www.Bangaloremirror.com 16 Pages PRICE ₹4

# Bangalore Mirror ON SUNDAY

TEMP Max 28 | Min 20 | Humidity 84% Generally cloudy sky with Light rain Sensex 66,060 | Nifty 19,564 | Gold 60,000 | Silver 77,500 | Dollar 82.16 | Euro 92.27 | GBP 107.63

CITY / PAGE 4

## SWOT'S UP?

Bengalureans come together to discuss ideas that can transform the city

CITY / PAGE 6

## PICTURE PERFECT

How Victoria Hospital's plastic surgery department is helping rebuild lives

**Cubbon Park turns into a venue where like-minded folk meet to explore their interests together — reading, painting, practising origami**

# THE MEETING POINT

## Cubbon Reads, Paints and Folds, because it can!

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What started as a quiet reading session between two friends, Shruti Sah, a marketing professional, and Harsh Snehanshu, co-founder of Your Quote, has blossomed into a vibrant community gathering every Saturday at Cubbon Park. Members of the community bring their books, spread out their mats, and immerse themselves in reading amidst the serene greenery. This phenomenon, now known as "Cubbon Reads", has attracted numerous book enthusiasts to join them in their literary pursuits.

After a year of indulging in this ritual, Shruti and Harsh decided to share their experience on Instagram in January. To their surprise, they received an overwhelming response from people eager to join them. The following week, more readers joined their silent reading session, prompting the creation of an Instagram page dedicated to "Cubbon Reads". The page showcased captivating pictures and videos, garnering a significant number of views and further fueling the growing interest in the community.

They eventually identified a spot near the park's bandstand area as the designated gathering place for readers. Reflecting on the growth, Harsh shared, "By the end of April, in our 19th edition, we had approximately 50 readers. In May, the number increased to 300, and from there, it skyrocketed to 600. We stopped counting after that as it became time-consuming, and we all simply became engrossed in our reading. There is no interaction or noise; everyone arrives with their books and dives into the world of literature."

> **"In May, the number increased to 300, and from there, it skyrocketed to 600. There is no interaction or noise; everyone arrives with their books and dives into the world of literature**
> – Harsh Snehanshu, founder Cubbon Reads

As Cubbon Reads flourished, another community emerged within it called "Cubbon Paints". Ambarish Sivasubramanian, a professional artist, initiated this group where fellow artists gathered to express their creativity

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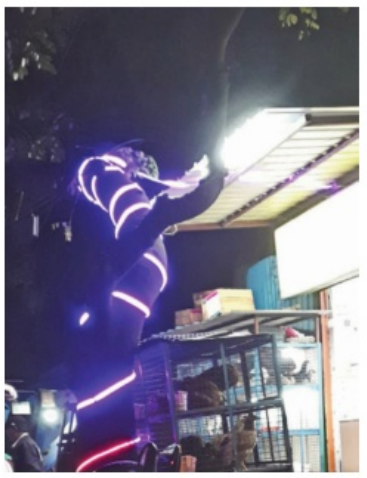
# LIGHTS OFF



## BBMP plans to act tough against those putting decorative lights on trees

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The Bruhat Bengaluru Mahanagara Palike (BBMP) is planning to take stringent measures against decorative lights wrapped around avenue trees in the city.

"We have carried out the drive to free avenue trees of fairy lights more than twice across the city. Officials from the Forest Department of BBMP have removed these lights on multiple occasions, however, the shop-owners put them back. We are aware that the number of trees with decorative lights has grown. We will now take more stringent actions against the defaulters," said Sarina Sikkaligar, deputy conservator of forest (DCF), BBMP.

According to citizens from various parts of the city, avenue trees illuminated with fairy lights are increasingly becoming popular and the civic agency must take strict action against the defaulters.

"I have been a resident of HSR

CONTINUED ON PAGE 4 »

## 3 THINGS TO DO

### 01 Fashion era

This July, visit the Hi Life Exhibition, which is ready to showcase one of the most trending fashion collections. Explore footwear, bed linen, nail art, lehenga, diamonds, bags, clutches, rugs, wedding ensembles, ethnic designs, kids wear, and more. **Where: The Lalit Ashok**
**When: July 16 to 18; 10 am to 8 pm**

### 02 Medical play

Grab the chance to attend the play A Judgement Error by the theatre group Ventures, which is based on the popular Bengali play 'Shalyaparbo'. The play is about a young girl whose life takes a dramatic turn after an important surgery that involves a critical medical decision. The play is directed by Susanto Banerjee.
**Where: Bangalore International Centre**
**When: July 16; 3 pm and 7 pm (two shows)**

### 03 Saree collection

Don't miss checking out an amazing collection of sarees at the Saree Exhibition being held this July. The S Studio from Chennai, which is known for their handcrafted sarees, is presenting their latest collection for the upcoming festive season. The exhibition will showcase exclusive and elegant kanchipuram, kalamkari silk sarees, raw silk sarees, unstitched salwar sets, and more. **Where: RainTree, No. 4, Sankey Road, High Grounds, opp Hotel Windsor Manor; When: July 18 and 19**

# When nature becomes art

## Artist showcases Madhubani paintings made out of flowers and vegetables in city; says base of these paintings can be anything from mehendi to turmeric

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At the arts and crafts mela in Chitrakala Parishath, amid the innumerable stalls, nestles a stall with Madhubani paintings made out of flowers and vegetables. These paintings are also known as Mithila Lok Chitra, which is a mural art form hailing from Bihar. Ashok Kumar Das, an artist, is here in the city selling Madhubani paintings.

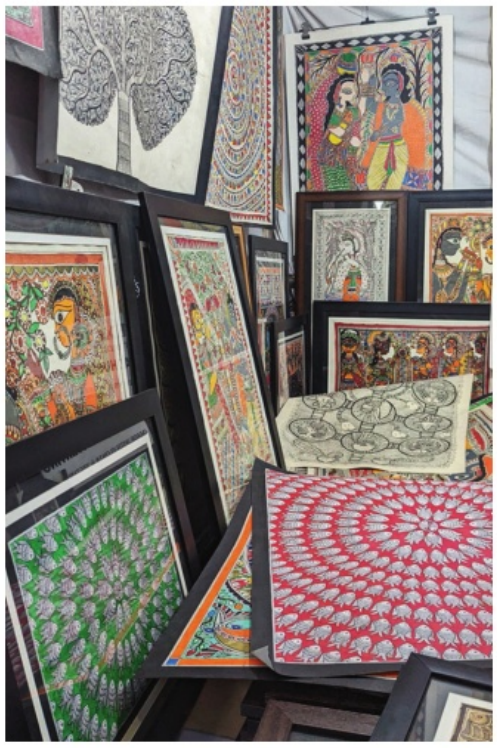
Enumerating his background, he said, "I started these paintings in 1984. I didn't have much of an understanding initially, but with a family lineage of artists, I learned. Now it's been 25 years since I started it."

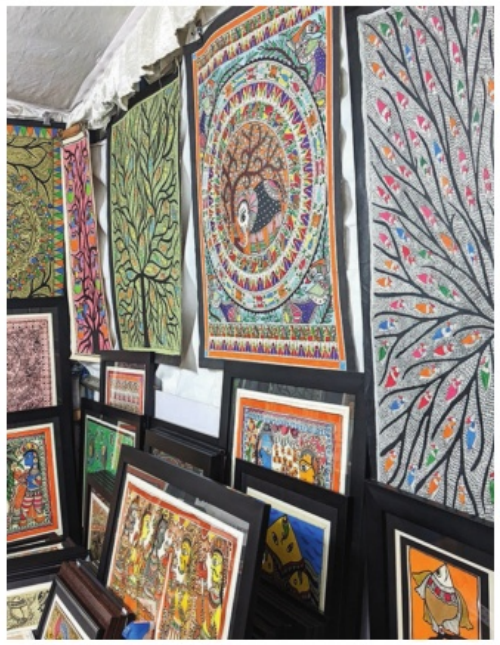
His grandmother, Jagadamba Devi, was the first Padma Shri recipient in 1970 from VV Giri, then president of India. 18 families in Jitwarpur village in Bihar make the Madhubani paintings currently, and six have won the Padma Shri award.

These paintings are made from various natural materials like kajal, turmeric, Jasmine flowers, and people trees. "My style is typical of traditional paintings, but now colour combinations and designs have changed. The core of the painting, which is folk, remains the same. We use beans for most of the work, and the bases of the paintings differ from mehendi to turmeric," he explained.

Gum water is added to these paintings to ensure that they stay intact on the paper. The paintings date back to the time of the Hindu epic Ramayana. "My village, Jitwarpur, has been named an art village for this exquisite Madhubani art by the Government of India.

You can see these art works in Madhubani railway station as well," he added. He said that the paintings at the railway station were made out of acrylic and not natural substances. But the designs remained similar to depict folk culture. The 12,500 sq ft design took almost six months to complete.





The papers used for Madhubani paintings are either brought from Bihar or Pune. First, the border is given, and the artwork is created within it

> **"We have a system in our village where children start learning the art. I'm among the third generation of artists**
> – Ashok Kumar Das

Enhancing the designs used to make the paintings, he said, "We have a system in our village where children start learning the art. I'm among the third generation of artists. We work a lot on fish designs, which are said to bring good luck, and elephant designs. Birds and trees are also very popular themes. There is a Ram-Sita marriage painting that is popular because in our village, the groom is considered a Rama and the bride a Sita. During weddings, new people in the town are welcomed with the Madhubani paintings displayed on the walls," he informed.

The papers for these paintings are either brought from Bihar or Pune. First, the border is given, and the artwork is created within it. "It requires concentration and focus as there are intricate designs. Now we use traditional nib pens, and in place of brushes, we use earbuds." He noted that the artwork takes 2–3 days to complete.

Ashok Kumar Das also sells these paintings to foreigners, who throng to his stall for these unique works of art. "Post-pandemic, people collect many more paintings. They prefer elephants, fish, and Hindu mythology paintings. There is no second piece in these types of paintings, as everything is handmade in Jitwarpur, Bihar," he further added.

# Cubbon Park is where all fun happens

CONTINUED FROM PAGE 1

through painting. Ambarish explained, "I had been coming to Cubbon Park to paint for a few months before joining the Cubbon Reads team. While others read, I would paint what inspired me. Then, Shruti, Harsh, and I decided to create another group called Cubbon Paints, inviting artists of all kinds to join. We created a separate page and posted about it. By the end of May, we had 20 artists, and during our most recent session, we had over 300 artists. This community is not limited to painting alone; it embraces drawing, sketching, and any form of visual expression. It is an inclusive and self-explanatory community where everyone can create art based on their personal inspiration."

Following Cubbon Paints, the community expanded further with the introduction of "Cubbon Folds", a space where individuals can learn and practise the art of origami. Led by Shashikiran, an engineer, and Thyagarajan, a professor, this community welcomes beginners and experienced origami enthusiasts alike.

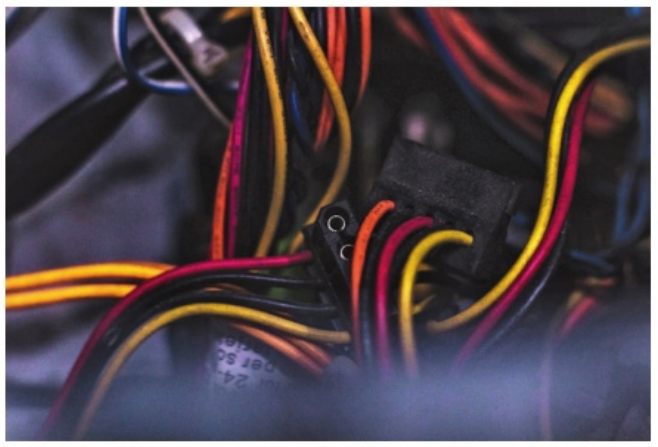
Shashikiran shared his passion, saying, "I have been practising origami for 6-7 years, and it has been a source of creativity and stress relief for me. I even engage in origami while traveling on the metro. For children who are often glued to their phones, origami offers an opportunity to learn something new and enhance their hand-eye coordination. In our first session, we had 12 participants, and during the second session, our numbers grew to over 20."

Shruti, from Cubbon Reads, expressed her delight, stating, "The expansion of Cubbon Paints and Cubbon Folds from our humble beginnings in Cubbon Reads is truly a remarkable achievement. Witnessing the continuous growth of our community and the increasing number of individuals joining us brings us immense joy and satisfaction."

With the emergence of these communities, Cubbon Park has become a thriving hub of intellectual and artistic pursuits. These groups not only provide an escape from the digital world but also foster a sense of togetherness and exploration of diverse interests.

# Watch out for wires

## Whitefield Rising files complaint against telecom providers over hazardous fiber optic cables



Whitefield Rising has requested a thorough investigation

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**Recently, a 23-year-old who was electrocuted after coming in contact with an Optical Fibre Cable in AECS Layout. Such wires pose severe threats to pedestrians**

A recent incident involving a 23-year-old who was electrocuted after coming into contact with an Optical Fibre Cable (OFC) in AECS Layout has raised concern once again. There have been several instances where citizens have complained about illegally laid OFC cables. With the increasing presence of hazardous OFC in the Mahadevapura constituency, the Whitefield Rising group has lodged a complaint with the Deputy Commissioner of Police (DCP) of the Whitefield division, urging action against telecom providers.

Whitefield Rising formally raised concerns about hazardous fibre optic cables, open underground chambers, and negligent road digging practices by telecom providers in the Whitefield and Mahadevapura areas in their complaint.

They stated that while there are established guidelines and specific contracts for cable companies regarding providing connectivity, these guidelines are often not followed by the companies or the sub-contractors responsible for the actual work on the ground. While the enforcement of such contracts falls under the jurisdiction of government agencies such as BBMP, numerous complaints made since 2013-14 have yielded no results. Now, the situation has reached a point where police intervention is necessary.

One major concern highlighted by Whitefield Rising is the indiscriminate stringing of cables from electric poles, posts, and trees. These cables not only create an eyesore but also pose significant dangers to pedestrians, cyclists, and other commuters. There have been several incidents where individuals got entangled in these cables, resulting in injuries and, tragically, even loss of life.

Additionally, the complaint emphasises the issue of open underground chambers left haphazardly, which pose severe threats to pedestrians. Whitefield Rising cites multiple cases of pedestrians falling into drains and uncovered chambers in Bengaluru. The rampant road digging carried out by telecom operators, often without proper restoration of the dug-up areas, further exacerbates the hazards for motorists and pedestrians alike.

Whitefield Rising has requested a thorough investigation by the police into the responsible parties involved in the installation and maintenance of hazardous fibre optic cables. They also seek an evaluation of these organizations' responsibility in the Whitefield area, specifically regarding public safety, infrastructure maintenance, and restoration of road digging areas. The complaint urges the enforcement of stricter regulations and the imposition of penalties for non-compliance with safety standards, including improper road restoration.

# Lokayukta police catch health inspector after 15-km chase

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A food inspector working at the Tahsildar's office in KG Circle was caught by the Lokayukta police while accepting a bribe of Rs 43,000. When the officer, Mahante Gowda, realised he had fallen into a trap set by the Lokayukta, he attempted to flee. The Lokayukta officer pursued Gowda for 15 kilometres before finally apprehending him.

Sources reveal that the food inspector had demanded a bribe of Rs 1 lakh in exchange for issuing a trading permit to a person named Rangadayamma. As a down payment, the victim had provided Gowda with Rs 43,000. However, the Lokayukta arrived at the scene and apprehended the officer while he was accepting the money.

Upon sensing trouble, Gowda quickly fled the area in his vehicle. After a 15-kilometre chase, the Lokayukta police successfully captured him at Sondekoppa hamlet near Nelamangala.

Lokayukta officers have accused Gowda of attempting to escape by deliberately ramming his vehicle into theirs. A case has been filed at Nelamangala Town police station regarding this incident.

Currently, Gowda is being interrogated by the Lokayukta police.

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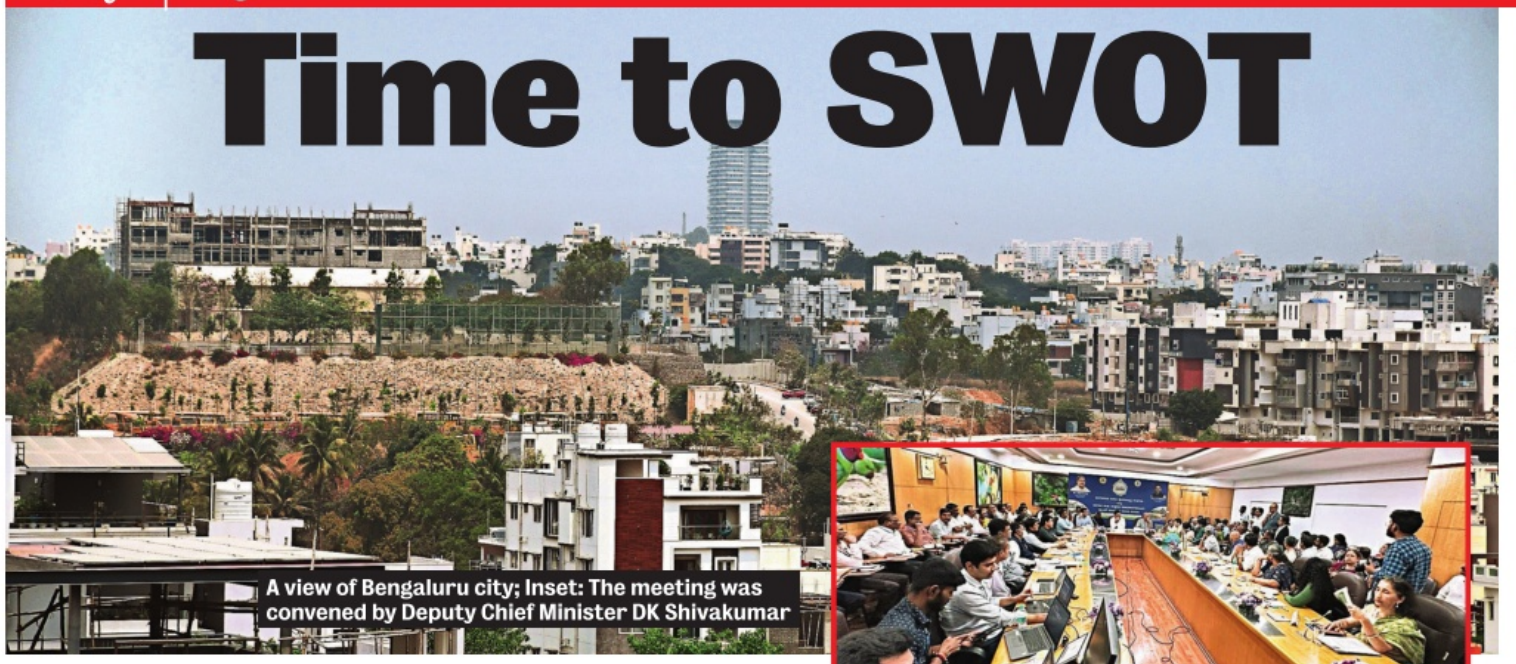
# Time to SWOT



A view of Bengaluru city; Inset: The meeting was convened by Deputy Chief Minister DK Shivakumar

## As Bengaluru grapples with numerous problems, citizens suggest SWOT analysis

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Bengalureans have ideas to transform the city, grappling with numerous problems, into a global city. On Saturday, city dwellers came up with ideas like demanding a SWOT (strengths, weaknesses, opportunities, and threats) analysis for projects and imposing congestion fees to promote mass transport. Many representatives of Resident Welfare Associations (RWAs) had gathered both online and offline to press for their ideas, which are needed to transform Bengaluru as part of a meeting convened by Deputy Chief Minister DK Shivakumar.

One resident said that there is a need to promote mass transport and encourage people to take buses or trains to the office. "Many office spaces are now crowded with people travelling in personal vehicles. With most of them having FASTag, there is a need to impose a congestion tax on those using personal vehicles."

A major concern voiced by attendees was the prevalence of unsightly overhead wires and the lack of underground cabling. These wires not only mar the aesthetic appeal of the city but also pose safety risks.

A concerned Bengalurean demanded the urgent need to create green lung spaces within the city. The attendees expressed the view that accountability should be demanded from the authorities, as citizens face penalties for their actions while officials responsible for mistakes often go unpunished. It was proposed that before any bill pertaining to civic projects is passed, it should be shared with RWAs to ensure citizen involvement and transparency.

Moreover, the resident suggested imposing restrictions on the sale of vehicles without proper parking spaces and emphasized the need for multi-level parking solutions. Whistleblower protection was also deemed necessary to encourage individuals to come forward and expose corrupt practices.

The meeting shed light on the irregularity of ward committee meetings. It was proposed that a comprehensive SWOT analysis be conducted before embarking on any major projects. As an example, the residents of Indiranagar cited their ongoing grievances with the white topping project and urged the government to conduct a thorough SWOT analysis before proceeding with future endeavours.

In addition to the aforementioned issues, a resident drew attention to the diversion of stormwater drains to the rajakaluve at the Yelachenahalli ward by a BWSSB engineer. This diversion has led to problems related to sewage and stormwater management.

> **"Many office spaces are now crowded with people travelling in personal vehicles. With most of them having FASTag, there is a need to impose a congestion tax** – Citizen

Another prominent issue highlighted was the blocking of conservancy lanes in many old areas, urging authorities to reopen them for public use. In addition, participants expressed their concerns over numerous unregistered apartment associations. To address this problem, they demanded the urgent need to establish a corporate body to streamline land transfers from builders to apartment dwellers. Ensuring the safety of pedestrians and cyclists was another crucial aspect highlighted during the meeting.

Residents also voiced their dissatisfaction with the current fragmented system in handling streetlights, drains, and other infrastructure issues. They called for the establishment of a centralised authority at the micro level, enabling efficient coordination and issuing work orders based on specific street IDs. Another significant demand raised was the development of more stadiums akin to the renowned Kanteerava Stadium to meet the growing sporting needs of the city's residents. Despite its reputation as a thriving startup hub, Koramangala has been plagued by continuous power cuts, causing inconvenience to both residents and businesses.

Participants emphasised the necessity of a reliable and consistent power supply in the area. "We need proper first and last-mile connectivity as it becomes a pressing concern, particularly in places like Malleswaram, where residents face difficulties reaching the Mantri Mall metro station," said a resident of Malleswaram.

# Remove lights from trees

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for over a decade. Over the past few years many startups and shared working spaces have mushroomed in the area and with the onset of these, a lot of small eateries have cropped up. Most of these places put fairy lights on trees next to their shops to gain attention.

These lights are switched on immediately after sunset and kept on till around 11 pm. I have noticed nearly 10 such cases just in the one-kilometre radius of my house. This trend is bothersome," said Srilakshmi, a resident of HSR Layout.

Citizens say not only these lights are harmful to the trees, but also create safety hazards for pedestrians, apart from creating light pollution and disturbing the local ecology. "To secure these lights, shop-owners use nails or barbed wires, which I am sure is not good for the trees. Moreover, the cable that they draw from overhead lines is dangling everywhere and is a safety hazard for pedestrians.

This is one aspect that puts off many pedestrians from using walkways. I am worried about walking on these footpaths with my children, especially in the rainy season. We must move beyond fancy and not take such liberty," said another resident from JP Nagar.

Residents of Koramangala also reported a recent trend of strangulating trees with fairy lights.

"Such cases can be seen at Sinivagilu Main Road, Koramangala Club Road and Imperial Hotel Road. Trees are public property and there are designated government agencies to take care of them. Tying lights around trees will strangulate their growth and eventually, they will die. BBMP must take strict action against such shop-owners," said Janet Yegneswaran, a resident of Koramangala.

According to tree experts, these decorative lights disrupt the birds roosting in these trees, apart from impacting the trees food transport system. They also raise concerns regarding its impact on nocturnal birds such as owls and other fauna.

"Passing electricity through the strip lights and using steel wire or nails to fix these lights to the tree trunk heavily disrupt the tree's ability to supply food and water to all its parts.

There are many birds and other fauna that depend on trees. Light on trees disrupts their day and night cycle and might also lead to food scarcity," said C Nagarajaiah, professor and ex-Head of the Department of Forestry and Environmental Sciences at UAS Bangalore.

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### Unauthorised business?

**Kammanahalli**

The area around Kullappa Circle in Kammanahalli is filled with unauthorised vegetable sellers, resulting in an unclean and congested environment.

### Flex menace

**Devegowda petrol bunk**

Despite the ban on flexes, a flex board continues to cause problems in the Devegowda petrol bunk flyover area.

### Bad roads

**Neeladri Road**

The condition of Neeladri Road from Motherhood till Concorde Manhattan's is very poor.

# Missing dogs trigger panic

## NGO responsible for conducting birth control surgeries on stray dogs gets warning after discrepancies

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After receiving a series of complaints from animal welfare workers in Mahadevpura and RR Nagar zones, the Bruhat Bengaluru Mahanagara Palike (BBMP) has imposed a penalty on ASRA, a non-governmental organisation responsible for conducting birth control surgeries and vaccinations for stray dogs in these areas.

"We have received multiple complaints and upon investigation, found them to be valid. As a penalty, BBMP will deduct 2% of their bill amount, and the NGO has also been duly warned. If they fail to improve, stricter penalties will be imposed," said Dr KV Trilok Chandra, BBMP special commissioner (health).

Over the past few months, the civic agency has been receiving complaints of missing stray dogs in the aforementioned zones. Animal welfare workers active in these areas claim that at least five street dogs, picked up by ASRA for Animal Birth Control (ABC) procedures in the past month, have gone missing.

One such case involves a handicapped street dog named Arjun, located in the Kundalahalli area. Arjun has been missing since July 2, and his caregiver, Lakshmi (name changed), alleges that ASRA picked up the dog on June 29. While Arjun was supposed to be released in four days at the same location, Lakshmi reached out to the NGO when she didn't receive any communication. As it turns out, Arjun had already been operated on and released without any notification.

There have been complaints about missing stray dogs in many areas

"We waited for four days before contacting the NGO. They informed us that the dog had been released the day before. However, we couldn't find him anywhere. After several phone calls, we received a geotagged image of Arjun released in the Doddanekundi area, which is over five kilometres away from where he was picked up. An ABC centre is supposed to inform the caregiver at the time of release, but that never happened," said Lakshmi.

Unfortunately, Arjun is still missing.

Jenita Henry, residing in the Horamavu Banaswadi area, has a similar story to share. She claims that ASRA picked up four street dogs from Papaiah Layout on May 26, but only three were returned on May 31.

"We couldn't find Blacky after ASRA picked him up on May 26. When the other dogs were returned, we contacted the NGO for evidence of release. However, they informed us that either the release picture was lost or the person forgot to take pictures. Each time we called, their explanations kept changing. Upon further inquiry, we discovered that ASRA's trip sheet only recorded two dogs taken for ABC," lamented Henry.

There is another case involving MJ, an underage female dog from Kempapura Main Road in Yemalur.

> **"They informed us that the dog had been released the day before. However, we couldn't find him**
>
> – Caretaker of Arjun (stray dog)

MJ's caregiver states that the pup was too young for the birth control surgery.

"Once she was picked up on June 19 with other dogs, she never returned. With complete silence from ASRA, I, as the caretaker, have no idea if MJ was misplaced due to carelessness or if she died because she couldn't handle the surgery. I have exhausted every possible option to seek help and find MJ, but with no luck," explained the caretaker.

According to KP Ravikumar, Joint Director at BBMP's Animal Husbandry Department, although the NGO has not been intentionally relocating dogs, these incidents indicate a serious lapse in their procedure.

"While ASRA's intentions were not to relocate dogs, such incidents are unacceptable. We have spoken to the management team and instructed them to be more careful in the future," stated Ravikumar.

Advertorial

# Milk Associations & Farmers Felicitated with VK Hainu Siri Awards

CHAMUL president Y.C. Nagendra inaugurated the VK Hainu Siri felicitation function organised by Vijay Karnataka at Kuderu in Chamarajanagar. CHAMUL Managing Director Rajasekhara Murthy, Vijay Karnataka Editor Sudarshan Channangihalli also seen.

Presidents and Secretaries of the Milk Producers Associations from Chamarajanagar, Kollegala, Gundlupet, Hanur, Yelandur and successful Dairy Farmers from Chamarajanagar district were presented with the 'VK Hainu Siri' awards at a function organised by Vijay Karnataka in association with CHAMUL at Kuderu in Chamarajanagar District.

In order to promote dairy farming and recognize model milk producers cooperative societies and model milk producers a felicitation function was held under the aegis of Vijay Karnataka District Dairymen's Conference and were presented VK Hainu Siri-awards in collaboration with Chamarajanagar District Milk Union (CHAMUL) here on Saturday.

In the function held at H.S. Mahadevappa Auditorium in CHAMUL Office in Kuderu taluk, 6 milk producers associations and 6 milk producers were awarded.

The program was inaugurated by CHAMUL President Y.C. Nagendra. Speaking on the occasion he lamented that the dairy farmers who supply milk to the entire country are not being compensated accordingly.

"The prices of all things keep increasing. However, the issue of increasing the price of milk is being objected to. This is not correct. Government should increase the selling price of milk and thereby protect the interests of dairy farmers", he said.

"If the government does not increase the price of milk, producers cutting across party lines will have to join together and form a milk producers' welfare committee and fight for their rights," he warned.

### 'VK Hainu Siri' award presentation

The president & secretaries of Kamagere in Kollegala taluk, Kodimole in Chamarajanagar taluk, Kabbahalli in Gundlupet taluk, Yargamballi in Yalandur taluk, Vaddaradoddi in Hanur taluk and Gundlupet taluk Bettahalli Women's Milk Producers' Associations were honoured with awards and mementos.

Similarly, the best milk producer award was given to Chandrasekhar of Palya village in Kollegala taluk, Nataraju of Venkataiahna Chatra village of Chamarajanagar taluk, Mahadevamma from Bettahalli village in Gundlupet taluk, Ratnamma of Honnur village from Yelandur taluk, Prakash Naidu of Hubbehunsehalli village of Hanur taluk and Yashodamma of Chikkamalapura village in Hanur taluk as the best producer of women's cooperative society were awarded.

Chamul Managing Director Rajasekhara Murthy said, "It has been six years since our union was established. Initially we were in 14th position. Then we came in third and fourth place. If the milk producers supply quality milk, it will not be difficult for us to reach the first position," he said.

Vijay Karnataka editor Sudarshan Channangihalli said, "Vijay Karnataka has taken the initiative to identify farmers and dairy farmers and name them as superstars and accordingly award them. The newspaper is felicitating farmers with 'Superstar Raitha' and 'Hainu Siri' awards in order to respect and encourage the farming community that provides rice and milk to the country," he said.

Chamul director H.S. Nanjunda Prasad, Madhuvanahalli Nanjundaswamy, M.P. Sunil, Vijay Karnataka Regional Editor

Mr. Itichanda Ramesh Uthappa also spoke on the occasion.

Director H.S. Basavaraju, S. Mahadevaswamy, Sadashivamurthy, Shahul Ahmed, former MLA Parimala Nagappa were present.

Before the function, colourfully bedecked cows were paraded along with cultural troupes. A Gopooja was also performed. Devananda Varaprasad and his team from Mysore rendered farmers awareness songs.

THE SUNDAY READ

# PLASTIC FIX

## Victoria Hospital's plastic surgery dept has been relentlessly helping patients to recover from drastic incidents and it is now seeing demand for aesthetic operations too

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The largest tertiary sector facility operated by the government-run Victoria Hospital, experiences a daily influx of thousands of patients seeking diverse healthcare treatments. Notably, the plastic surgery department has witnessed a substantial rise in cases over the years. The department has been increasingly attending to trauma and burn care incidents, necessitating surgeries performed by plastic surgeons. Recent statistics indicate that in the last three years alone, over a 1,000 trauma and burn injuries have been reported.

The plastic surgery department of the Victoria Hospital has been operational from 1963. This is the 60th year of the department and the department has been successfully growing and adapting to new technologies and treating patients at a low cost as compared to the private hospitals, a factor that has been helping many patients get treatment. As World Plastic Surgery Day was observed on July 15, BM focuses on the majority of the cases observed by the six-decade old department and its success in treating the patients.

The concept of National Plastic Surgery Day was first introduced by Dr S Raja Sabapathy, the President of the Association of Plastic Surgeons of India, in 2011. Soon after it was celebrated all throughout the world and was termed as international plastic surgery day.

Statistics from the year 2019-2022 reveal over 1,000 cases of acute burn injuries were reported. In 2019, 1,021 cases were reported, followed by 1,045 cases in 2020 and 1,212 cases in 2021.

### Aesthetic surgeries, in numbers

| 2019-2020-2021 |
|---|
| Rhinoplasty: 25-30-72 |
| Lip surgery: 32-41-92 |
| Liposuction: 50-55-108 |
| Cheek surgery: 25-29-83 |
| Scar revision surgeries: 13-15-28 |

Over 1,013 cases were reported in 2022. In terms of trauma cases, 2019 reported 422 cases followed by 501 in 2020 and 1,145 in 2021. Over 982 trauma cases were reported in 2022.

Dr Smita S Segu Professor and Head of Unit, Department of Plastic Surgery and Vice President of Karnataka Association of Plastic Reconstructive and Aesthetic Surgeons, said, "We get many road traffic accidents such as face bone fractures, hand trauma, genital trauma, amputations, tendon injuries, nerve injuries on an everyday basis. We get over 70 patients per day in OPD for plastic surgery. In emergency cases, we operate the cases immediately. Everyday, we have 4-5 cases of operations for trauma patients. While for burn cases, we have over 40 cases a week that are treated in the burns ward."

For the department of plastic surgery, the hospital has over 30 beds in the Master Plan Building, followed by 30 in Pradhan Mantri Super Speciality block, 10 beds in trauma centre and 50 beds at the burns centre. This apart, there are five ICU beds at the hospital.

### What to do in case of a burn?

While the rate of traumatic and burn injuries are high, there is lack of awareness on what one has to do when injured. "For burn patients, the patients have to do a hydrotherapy -- immerse the burnt part in water till the burn sensation comes to a stop before the process of burn goes deeper. The patient should not apply paste, turmeric, ink. If these are applied, the infection rate gets higher and it gets difficult for us to remove it. The patients must come as soon as possible to the closest burn centre. The first 24 hours after a burn case is very crucial. For 20% and above burns, they need to be given fluids as there is water loss in the body," added Dr Segu.

In trauma cases, where more cases of amputations are observed especially for factory or industry workers, Dr Segu explained that the first six hours stand crucial. "Within six hours, if they reach the hospital and the surgery is performed within that time, then the rate of successful surgery is high. The cut-off body part should be wrapped in a saline soaked cloth and put in a cover and then immersed in ice and brought to the hospital," she added.

### Aesthetic treatments in demand

Various treatments like rhinoplasty, lip surgery, cheek surgery, liposuction, eat surgeries, scar revision surgeries, gynecomastia (male breast enlargement), breast augmentation and reduction and in females, blaepharoplasty (removal of excess skin from the eyelids) are more in demand these days.

### Advancement in technologies

"There have been plenty of advancement in technologies in the field of plastic surgery. Advancements in skin substitutes have come in. Earlier patients' skin or cadaver skin only was used as a substitute for burns patients, now there is synthetic skin which gives 50% enhanced treatment. We have advanced liposuction machines, advanced laser treatment for scars and the first hyperbaric oxygen therapy (HBOT) was set up at a government hospital that is helping many patients," Dr Segu said.

**"We get over 70 patients per day in OPD for plastic surgery. In emergency cases, we operate immediately. Daily, we have 4-5 cases of operations for trauma patients. We get 40+ burn cases a week**

–Dr Smita S Segu, Department of Plastic Surgery

### Some myths about plastic surgery busted

**MYTH:** There are no scar marks left after plastic surgery
**FACT:** All plastic surgeries heal with scars

**MYTH:** Plastic Surgery is very expensive and meant only for rich
**FACT:** Most of the plastic surgery procedures are affordable to common people

**MYTH:** Plastic and cosmetic surgery procedures are very risky
**FACT:** The risk involved in plastic surgery is similar to risk involved in other surgeries

— Source KAPRAS

# Government plans free digital record

## Move aims to enhance transparency and streamline property ownership, addressing tax evasion concerns

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TWEETS @sridharvMIRROR

Plan in action to provide digital records to residents in the city to ensure transparency.

As the debate continues over B and A Khata, the State Government is planning to introduce digital records for property owners in Bengaluru. Deputy Chief Minister DK Shivakumar said, "We are working on a plan to provide digital records to residents in the city. In fact, we want to make this process transparent in such a way that digital records are provided to every property owner free of cost. This is aimed to ensure transparency and no one can tamper with the records and access them at any given time."

The statement assumed significance as the State government is still mulling issuing A Khata to B Khata owners by regularising their property. However, this proposal is still on paper without any headway. Meanwhile, the BBMP is identifying properties that have illegally procured A Khata even though it originally belonged to B Khata. During the citizens' meeting on Saturday, DK Shivakumar said, "Let me clarify that khata has no legal significance and is merely a receipt for tax payment. Hence, to streamline the process, we want to digitise the entire property system. For this, we need to digitise the property records to ensure transparency. If this cannot be done in a digital city like Bengaluru then it cannot be done anywhere else." Drawing inspiration from the success of the digital pahanis implemented in the Bhoomi scheme, Shivakumar acknowledged that this process would require time and that the government is currently working on a blueprint for implementation.

> **"Let me clarify that khata has no legal significance and is merely a receipt for tax payment. Hence, to streamline the process, we want to digitise the entire property system**
>
> —DK Shivakumar

He said, one of the motivations behind digitising property records is to curb fraudulent practices. Currently under the Self-assessment scheme, many were cheating the BBMP by providing the wrong data. "If someone has built a property in 2,000 square feet, he is declaring the built-up area as just 500 square feet so that he can evade tax. Hence, we are planning to come up with digitisation of all the properties so that this can be curbed. Unfortunately, today we have a situation where an honest taxpaying citizen has to face numerous problems with the municipality, but those who don't pay taxes are roaming free. I hope that digitisation will definitely put brakes on it", he added.

Additionally, the government plans to issue B Khata to all those layouts coming outside the purview of BBMP limits. Urban Development Minister Byrathi Suresh said that he has submitted a comprehensive report to the government, outlining the proposal to grant B Khata status to such layouts. "The primary objective behind this initiative is to enhance tax collection, with a potential revenue projection of Rs 2,000 crore. Currently, the urban development department has invested significant funds in providing utilities and infrastructure in city municipal councils and town municipal councils. However, the tax collection from these areas has not been proportionate to the expenditure incurred. While plots in land conversion areas within BBMP limits are accorded A Khata, homes constructed in revenue sites outside BBMP limits are designated as B Khata properties. A proposal has been made to impose a betterment fee and grant B Khata to individuals who have constructed houses in revenue layouts situated beyond BBMP limits. The issuance of B Khata would not only bridge the gap but also enable plot owners to apply for bank loans against their properties", Suresh said.

# Gruha Lakshmi: Get ready for next week

Bangalore Mirror Bureau
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The female head is eligible to register in the scheme

The Gruha Lakshmi scheme, an effort to provide financial assistance to eligible beneficiaries, is likely to be rolled out next week. Minister for Women and Child Development Laxmi Hebbalkar said on Saturday, "The Gruhalakshmi Scheme provides financial assistance to eligible beneficiaries. The registration process will commence on either July 14 or 16. To be eligible, the female head of the family mentioned in the ration card should not be an Income Tax or GST payer."

She added that registration can be completed in two ways.

"The first method involves each female head of the family receiving a specific date, time, and venue for registration. They are required to visit the designated location accordingly. In rural areas, this will be the nearest Grama-one or Bapuji Seva Kendra, while in urban areas, it will be the nearest Karnataka-one or Bangalore-one centre. Alternatively, the government will deploy 'Praja Pratinidhi', (a citizen volunteer identified by the government) who will visit every household and facilitate the registration process. The date, time, and venue for registration can be inquired about by calling 1902 or sending an SMS/Whatsapp message to 8147500500. In case the beneficiary is unable to visit the Grama-one/Bapuji Seva Kendra/Karnataka-one/Bangalore-one service centres on the designated date and time, they may visit the same centre on the same day or any other day between 5 p.m. and 7 p.m."

The second method she mentioned, is that during registration, the beneficiary needs to provide the ration card number, Aadhaar card number, and bank account details with the passbook (if the beneficiary desires to receive the scheme amount in a bank account other than the one linked to her Aadhaar number).

The minister said that sanction certificates will be issued after registration in Grama-one/Bapuji Seva Kendra/Karnataka-one/Bangalore-one service centres. In case registration is done by Praja Pratinidhi, the sanction certificate will be provided later at the doorstep of the beneficiary.

A text message indicating the sanction will be sent to the applicant's mobile number provided during registration. In the event that registration has already been completed at the service centres, the system will notify Praja Pratinidhi that the applicant is already registered.

"The cash benefit of Rs 2,000 will be transferred through Direct Benefit Transfer (DBT) every month to the bank account that is linked to the Aadhaar number of the beneficiary. If the beneficiary desires, they may provide a new bank account to which Rs 2,000 will be transferred through Real-Time Gross Settlement (RTGS). I want to clarify that there is no need to pay any fees for registration. All registration processes will be free of cost. Moreover, there is no last date fixed for registration under the scheme. Hence, the beneficiary may register at any time in the future," Hebbalkar further added.

## CRIME FILES

### Businessman robbed in KR Market

On Friday night, a businessman, Raj Jain, was robbed of gold worth Rs 1.7 crore in the city. The incident occurred on the KR Market flyover when there were no other vehicles or people present.

According to reports, Jain was riding a scooter and was carrying gold. Two individuals riding a bike targeted him, intentionally slowed down their bike, snatched the bag and fled.

Sources indicate that there were no CCTV cameras in the area to capture the incident. The victim has lodged a complaint at Cottonpet police station regarding the robbery.

### 4 suspects arrested in series of robberies

On Friday, the Avalahalli police successfully apprehended four suspects involved in a series of robberies. The suspects, identified as Sunil, Aravind, Nandini, and Merry, were involved in approximately 15 burglaries across various areas over the span of a year. During the arrest, the police seized Rs 1.5 lakh in cash, 3 kg of silver, and half a kilogram of gold from the accused.

The arrested individuals targeted and robbed homes around midnight when the residents were away from the city. According to the authorities, Sunil and Aravind carried out the burglaries, while Nandini and Merry were responsible for selling the stolen jewellery and converting it into cash.

### CCB seizes 1,500 kg of ganja worth Rs 12 Crore

The Central Crime Branch (CCB) of the Bengaluru Police has successfully apprehended an interstate narcotics ring, leading to the detention of two individuals, including an MBA student, and the seizure of 1,500 kg of marijuana worth Rs 12 crore. Sources claim that this is one of the largest marijuana seizures made by the Bengaluru police.

The arrested individuals both are residents of Andhra Pradesh. The prime suspect is originally from Rajasthan and is currently pursuing a Master's in Business Administration (MBA) program in Bengaluru. His associate holds a BA degree. Initially, the pair started as buyers, but eventually transitioned into sellers, utilising their networks.

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# BENGALURU SPEAKS

and gets heard on this page

## STORYBEHINDTHEPHOTO

### A BEAUTIFUL DAY...

A common jezebel sucking the flower of a cliff bottlebrush plant

The picture was clicked by BM reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

# Blame game won't fix craters

## Residents raise concern over halted road repair in Kaggadasapura; say BBMP refuses to take responsibility

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TWEETS @BangaloreMIRROR

Residents of Kaggadasapura have raised complaints about the deplorable condition of the main road that connects CV Raman Nagar and KR Puram. They say it is full of numerous potholes.

According to a resident, the Bruhat Bengaluru Mahanagara Palike (BBMP) had initiated asphalt work on this road prior to the recent assembly elections. However, the work was halted abruptly near the railway crossing in Kaggadasapura and was not extended any further. Locals allege that since this road serves as a crucial link between CV Raman Nagar and KR Puram, both wards are refusing to take responsibility for its repair and asphalting.

A daily commuter on this stretch, expressed his disappointment to Bangalore Mirror, stating, "The asphalting began before the elections, giving us hope, but it was left incomplete near the railway crossing. We were hopeful that after the elections, the road would receive attention and all civic works in the city would resume as usual.

Residents say that the asphalting work was abruptly halted near the railway crossing in Kaggadasapura

However, the road has been completely neglected since then."

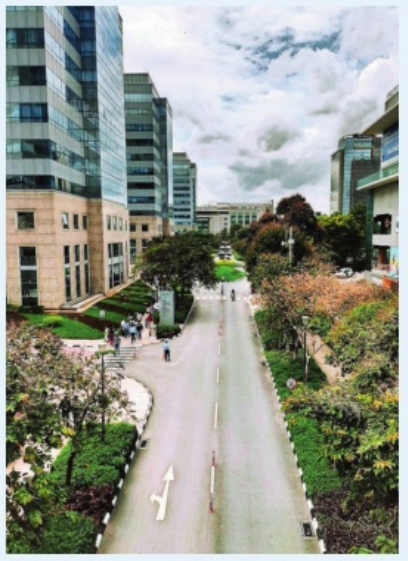
Another resident in the neighbourhood highlighted that the entire stretch has become a dumping ground for garbage. "The authorities have neglected this area to such an extent that residents don't even think twice before

> **"We were hopeful that after the elections, the road would receive attention and work would resume** –a commuter

dumping garbage here. The accumulation of waste creates a foul stench," he said, adding that the monsoon season has worsened the situation as rainwater fills the potholes and accelerates the degradation of the garbage.

Furthermore, a resident spoke about past incidents and accidents caused by potholes and questioned who would be held accountable if a mishap occurred. "The BBMP refuses to take responsibility and shifts blame to other government departments such as the BWSSB (Bangalore Water Supply and Sewerage Board) for digging or not asphalting the road. They should not wait for a tragedy to happen. It is their duty to ensure all roads are free of potholes," he said.

## DID YOU KNOW?



Whitefield is one of the most popular neighbourhoods in Bengaluru. It was established in 1882. It is named after David Emmanuel Starkenburgh White. The locality was set up for the Eurasians and Anglo-Indians living in the city at that time. It was in the 1990s when the tech company started settling their offices here, before which Whitefield was a small village. The place also nestles some of the biggest malls in Bengaluru like Nexus Whitefield, Phoenix Market City, and more. It is well connected with the city via Varthur Road and currently has a good Metro connection.

## GET HEARD WITH MIRROR

**9591233247**

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

## TAPTHECHATTER

where Bengalureans speak their mind

Tell us how you are planning to maintain a healthy diet during monsoon.

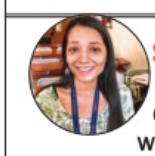
**Balaji M,** BM Reader
During the monsoon, my plan is to maintain a healthy diet by consuming seasonal fruits and vegetables, staying hydrated, and avoiding street food.

**Bhavani C,** BM Reader
My strategy for maintaining a healthy diet during the monsoon is to cook nutritious homemade meals, incorporate immune-boosting ingredients, and avoid fried and processed foods.

**Sangayya Gulledmath,** BM Reader
Staying hydrated should be a primary concern during the monsoon. I will prioritise consuming seasoned fruits, fresh vegetables, and light nutritious meals while avoiding fried curries and heavy non-digestible foods.

**Thilaga Manigandan,** BM Reader
To maintain good health in this monsoon season, I will include the following foods in my daily diet routine: a handful of nuts and dry fruits, vegetable or non-vegetable soups, sprouts, and air-fried snacks instead of deep-fried ones.

**S Nishant,** BM Reader
During the monsoon, I make sure to have hot soups with added vegetables and cream. I also incorporate tasty and nutritious seasonal tuber vegetables into my diet.



**Suhani Goel,** BM Reader
I will focus on consuming light and easily digestible foods. My meals will include a variety of lentils, whole grains, and steamed vegetables. Additionally, I will drink herbal teas and warm water with ginger and honey to support optimal digestive system functioning.

### SPEAK TO US

According to you, which scheme brought by the new government is best and why?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

# Betway summer Derby attracts the cream

## Two crore stakes on offer for mega event

Ikram Khan
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TWEETS @BangaloreMirror

It's Derby time, folks. Get on the high horse and hit the high road. The Betway Summer Bangalore Derby has attracted the cream, the best three-year-old horses on the Indian racing circuit, down at the Bangalore Turf Club (BTC) for the blue riband of the season. 11 star performers, including seven top colts and four fillies claiming a statutory gender allowance of 1.5 kilo will parade their skills in the big showdown at sundown on Super Sunday. The mega event offers a rich purse and two crore in stakes, and more than a half-dozen classic hopefuls are in with a definite chance to gallop to fame.

Most old hats in the game and the racing pundits are of the view that the Rajesh Narredu-schooled Synthesis, who finished second behind Knotty Charmer in the Colts Championship Stakes, will start as the favourite. The bookmakers too confirmed that Synthesis will top the betting board and gain top billing in the biggest plum of the season.

On a day when the bold and the beautiful and the rich and famous are looking to corner glory, the fashion divas will support the two fillies Jamari and Waikiki, and the women's cheer brigade reckons that it will prove to be Ladies Day Out on D-day. BTC chairman Shivkumar Kheny disclosed that the Derby on cards promises a fire-to-the-wire finish. The railbirds are ready with their permutations and combinations in their effort to pick the winner and crack the pot of gold on offer on the big day. The popular Jackpot pool is likely to draw maximum investors, taking into account that Rs 4.34 lakh will be added to the big pool, which is certain to generate double that amount, and more than a million will be up for grabs in the five-horse puzzle.

"Well, the response to the famed event is big, and more importantly, the professionals are pleased with the facilities provided and the big prize money offered at this centre. The fact that it is an open affair is good from the punters point of view simply because the returns on the investments will be high and good," said Kheny, while pointing out that each member of the management committee has played a stellar role in their endeavour to scale a new high.

Owners Smita Bajoria and Cheriyan Abraham pose with Destroyer, a frontline contender for betway summer Derby

Former trainer and Betway consultant Shivendra Singh, pleased with the buzz the racing spectacle has generated, revealed that the club needs to promote the game on all available platforms, be they social media, sport capsules, or racing portals. The sponsors are looking at the mileage, and the clubs looking to rope in big sponsors need to showcase racing on a much higher vertical. "You need to get in a sizable number of new buyers who will pick up quality stock, which will help raise the bar, and good competitive racing will bring in the crowds," said Shivendra Singh.

Synthesis apart, the Kolkata Mainhope Destroyer from Patrick Quinn's yard is a frontline contender for the champion event. The bred in the purple got-abroad colt after his satisfactory effort in the Colts Championship has improved most. top `Knight' Imran Chisty, who partnered him in the second classic of the season, will again guide the fortunes of the talented colt who has impressed most in the morning trials. "I'm satisfied with his preparation, and he is ready to test the best," said Patrick, pointing out that the luck of the race will play a decisive role in what he reckons will be a humdinger.

Smita Bajoria and Cheriyan Abraham, the owners of Destroyer, made no secret of their opinion that Destroyer is in with a good chance to land the Derby riches. "It is only his fourth run of his career, and on that count he lacks the desired experience, but he has the ability to perform at the highest level, and hopefully he will produce his best on the big stage," said Cheriyan.

### Hot Derby-day tips

1. Knotty Maiden Million 1200M: Leather Back 1, Knotty Challenger 2, Trident Star 3
2. Turf Authorities Of India Trophy 1800M: Kushaq 1, Mandela 2, All Attraction 3
3. Hyderabad Salver 1400M: Touch Of Grey 1, Shabelle 2, Vivaldo 3
4. Coromandel Gromor BTC Anniversary Cup 1400M: Northern Lights 1, Leopard Rock 2, Jake 3
5. Hooves Of Steel Sumangala TMT Million 1600M: Royal Mysore 1, Shadow Of The Moon 2, Sassy 3
6. betway Bangalore Summer Derby 2000M: Destroyer 1, Synthesis 2, Elpenor 3
7. Mumbai Cup 1200M: Siege Courageous 1, Savvy Chic 2, Star Glory 3
8. Desert God Trophy 1400M: Time 1, Sofiya 2, King Of War 3

**Day's Best:** Royal Mysore

FARNAZ

## Leopard attack: Rs 15 lakh compensation to girl's family

The six-year-old girl, who was attacked by a leopard, succumbed to her injuries at the hospital on Saturday in Chamarajanagar district of Karnataka.

The Minister for Forests and Environment, Eshwar Khandre, has announced that the family of the deceased girl will get Rs 15 lakh compensation.

The leopard had attacked the girl when she was playing in front of her house. It had attempted to drag her into the forest in Kaggaligundi village of Hanur taluk on July 15. The girl, Susheela, was seriously injured in the incident and was admitted to the Holy Cross Hospital, Kamagere.

The incident, which took place during the night, raised concern in the whole village and surrounding areas. The villagers had complained that they were afraid to step out of their houses and go to their farms. The people stated that they are living in fear of leopard attacks.

Susheela, daughter of Ramu and Lalitha couple, was playing alone in front of her house. The leopard, which appeared from nowhere, had attacked the girl and tried to drag her into the forest. It had pulled her up to 200 metre. After hearing the screams of the girl, parents and villagers chased the leopard with sticks. The leopard had left the girl and escaped into the forest.

–IANS

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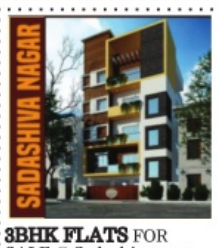


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**I,** THUYA PREETHA R/a Bearys Anugraha Apartment Flat No. B-13, 3 'A' Main road, KSFC Layout, Kanakadasa Layout, Lingarajpuram, B.lore-84 have changed my name to PREETHA SIDH affidavit dt 15.07.2023 notary C.Sharada Blr

**I,** Indrakumar K.S, Residing at No 126/B, 3rd Floor, 2nd Main, Bapujinagar, Bangalore - 560026, Have changed our minor daughter name VRINDA to VAJRA vide affidavit dated 14/07/2023 sworn before Notary Meera .H Bangalore

**I,** Karthik S/o Gundurao Kenkere Narayanarao, R/at # 46,sapthagiri,4th Main,papaiah Garden, Banashankari 3rd Stage, Bengaluru 560085 have changed my name to Karthik Gundurao for all purposes.

**I** Pooja Shareen, W/o Shareen B C, R/o Kunjila, Kakkabbe, Madikeri, Kodagu has changed my name from Pooja Bachamanda to Pooja Shareen for all future purposes.

**I,** Zainab D/o Nazia Tabassum R/o #368 , 6th Main , Vikram Nagar Kumar Swamy Layout ISRO layout Blore-560078 have changed my name to Zainab Begum.

**I,** Kumari Jyoti Saxena R/O C008 Saikrupa Elite 39/2 Ferncity road Doddanekundi Bangalore 560037 have changed my name to Jyoti Saxena

**I** Pukaraj S/o Jogg R/o #10,65 /1 ,9th main road, virat Nagar ,bommanahalli, B'lore 560068 have changed my name to Prakash Singh for all purposes

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# Ketamine injections for depression?

## A new study shows promise, but it's one of many options

If there is one skill that would probably help children in today's competitive world, Mansi Zaveri, Founder –Kidsstoppress.com pins it on reading, as a habit and as a lifelong skill. From her experience of running #KSPBookClub, an online community of parents looking to raise readers, she filters a few frustration and a dislike of reading.

Ketamine might be better known as a recreational drug or anaesthetic. But there's growing evidence for its use for people with hard-to-treat depression.

An Australasian study out today showed some positive results for people with treatment-resistant depression when they had ketamine injections.

But we don't know if these effects are sustained in the long term, and there are other ways of delivering ketamine. There are also other treatment options for this type of depression.

### What is ketamine?

Ketamine has been used as a powerful general anaesthetic for more than 50 years.

It's also an illicit drug of abuse and is considered a psychedelic. Psychedelics dramatically alter some neurotransmitters (chemical messengers) in the brain to create a profound change in perception, mood and anxiety.

In early animal studies, ketamine led to increase in levels of certain brain chemicals, such as dopamine, by up to 400 per cent. This led researchers to trial ketamine in humans to see what would happen in our brains.

Now, doses of ketamine (at those lower than used as an anaesthetic) are being used to help treatment-resistant depression. That's when someone has tried at least two antidepressants and shows no improvement.

It is usually prescribed under strict conditions and observation that mitigate some serious risks, such as increased feelings about suicide in some people. So people need to be assessed and monitored not only during treatment, but afterwards.

But some clinicians have resisted using ketamine due to its potential to become a drug of abuse.

Ketamine is also used to treat other mental health disorders such as PTSD (post-traumatic stress disorder).

### How about this new study?

The research involved multiple centres across Australia and New Zealand and compared how well ketamine injected under the skin compared with taking another drug in treating people with treatment-resistant depression.

The trial randomised the 184 study participants into different groups – some receiving ketamine, the rest the drug midazolam, twice a week over four weeks. Neither the study participants nor those assessing the results knew who had ketamine and who didn't.

At the start of the study, all participants had a clinical depression score of at least 20 (moderate depression) using a particular scale known as the Montgomery-Asberg Depression Rating Scale.

The researchers then looked for a score of less than 11, indicating a shift from a depression to remission.

After four weeks, there was a big difference between people treated with ketamine (19.6% in remission) compared with midazolam (2%). Another, less-strict way of measuring outcomes is to look for a halving of the depression score. This had an even bigger difference (29% compared with 4%).

However, four weeks after the treatment had ended, there was only limited sustained improvement in symptoms in the ketamine group. This suggests treatment may be needed over a longer period.

### There are other options

In the trial, ketamine was given via an injection under the skin, which is a low-cost and efficient option. But ketamine can also be delivered directly into the bloodstream via an intravenous drip. Neither of these two options are routinely available in Australia and New Zealand outside clinical trials.

A third option uses a different form of ketamine and comes in a nasal spray (approved for use in Australia and New Zealand).

Each option delivers ketamine in different amounts, and research into how these work in practice, and how they compare, is ongoing.

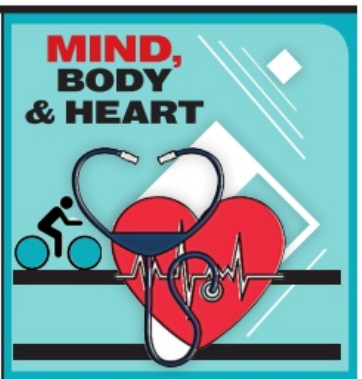
There are also other drug and non-drug options for treatment-resistant depression. These include: transcranial magnetic stimulation, which stimulates parts of the brain to improve mood psilocybin, another psychedelic drug that has just been given the go-ahead for use in Australia under strict conditions as part of psychedelic-assisted therapy psychotherapy (talking therapy) such as cognitive behavioural therapy, acceptance and commitment therapy and dialectical behaviour therapy changing some lifestyle factors, such as diet and exercise, or practising mindfulness meditation.

### In a nutshell

Serious consequences of depression include suicide or a lifetime of anguish. This latest research shows promising outcomes for people whose symptoms are harder to treat. But this option is not yet widely available outside a clinical trial. Only the ketamine nasal spray has been approved for use in Australia and New Zealand.

There are also other treatments. So if your existing treatment is not working for you, discuss this with your doctor who will explain what else is available.

*(By Michael Musker, University of South Australia, The Conversation)*




## All you need to know about...

### *Harsh discipline*

**Mental health issues**
According to new research, young children who frequently experience harsh discipline from their parents are much more likely to experience long-lasting mental health issues.

**High risk**
Researchers from the Universities of Cambridge and Dublin discovered that children exposed to "hostile" parenting at age three were 1.5 times more likely than their peers to have mental health symptoms that met the criteria for "high risk" by age nine than their counterparts.

**Hostile parenting**
Parenting that is hostile sometimes entails severe punishment and can be either psychological or physical. For instance, it could involve yelling at kids all the time, regular physical discipline, isolating kids when they disobey, lowering their self-esteem, or punishing kids irrationally depending on the parent's mood.

**Symptoms**
At ages three, five, and nine, the researchers recorded the symptoms of children's mental health. They looked at signs of mental illness that are internalized (such anxiety and social disengagement) as well as externalized (like impulsive and violent behavior, and hyperactivity).
It was shown that 10% of the kids were at high risk for having poor mental health. Children in this group were substantially more likely to have encountered aggressive parenting.

**Other factors**
Importantly, the study makes clear that parenting style does not completely determine mental health outcomes. Children's mental health is shaped by multiple risk factors, including gender, physical health, and socio-economic status. —ANI

**Connecting with sorrow —** Actress Sandeepa Dhar has opened up on how she was completely immersed in her character's sorrowful journey for the song 'Barbaad', and spent two shoot days crying constantly

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# THE FIGHT IS REAL

## Movie,TV stars join picket lines in fight over the future of industry

Ted Lasso" star Jason Sudeikis, Rosario Dawson and other top movie and TV actors joined picket lines alongside screenwriters Friday on the first full day of a walkout that has become Hollywood's biggest labor fight in decades.

A day after the dispute brought production to a standstill across the entertainment industry, Sudeikis was among the picketers outside NBC in New York pressing for progress following the breakdown of contract talks with studios and streaming services. Dawson, star of the film "Rent" and the "Star Wars" TV series "Ahsoka," joined picketers outside Warner Bros. studios in Burbank, California.

"Lord of the Rings" star Sean Astin marched with chanting protesters outside Netflix's offices in Hollywood. Also present at Netflix were "Titanic" and "Unforgiven" actor Frances Fisher and "The Nanny" star Fran Drescher, who is president of the Screen Actors Guild-American Federation of Television and Radio Artists.

The actors' arrival energized the picket lines outside Netflix, where music blared and the sidewalks were packed with demonstrators.

Elsewhere, "Once Upon a Time" actor Ginnifer Goodwin stood with protesters at Paramount Pictures.

The famous faces of Oscar and Emmy winners will likely be seen with some regularity on picket lines in New York and Los Angeles, adding star power to the demonstrations outside studios and corporate offices.

The walkout is the first double-barreled strike by actors and screenwriters in more than six decades.

In recent weeks, many actors made a show of solidarity with the 11,500 writers, who walked out in May. On Thursday, 65,000 members of the actors' union formally joined them on strike. The two guilds have similar issues with studios and streaming services. They are concerned about contracts keeping up with inflation and about residual payments, which compensate creators and actors for use of their material beyond the original airing, such as in reruns or on streaming services. The unions also want to put up guardrails against the use of artificial intelligence mimicking their work on film and television.

Many on the picket lines took aim at Disney chief executive Bob Iger, who said Wednesday that the damage the strikes will do to the entertainment economy is "a shame."

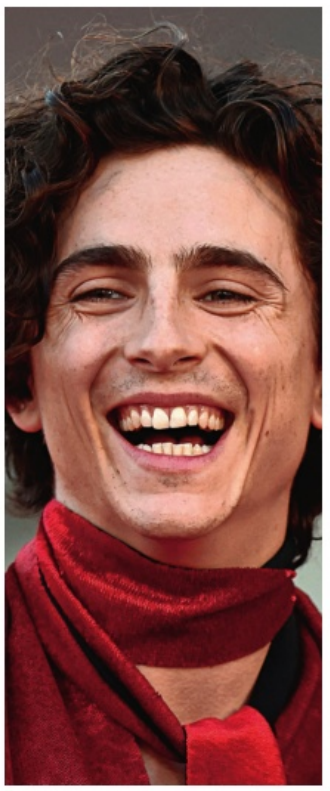
"I think that when Bob Iger talks about what a shame it is, he needs to remember that in 1980, CEOs like him made 30 times what their lowest worker was making," actor Sean Gunn, who starred in "Guardians of the Galaxy," said outside Netflix.

Now Iger "makes 400 times what his lowest worker is. And I think that's a shame, Bob. And maybe you should take a look in the mirror and ask yourself, 'Why is that?'"

No talks are planned, and no end is in sight for the work stoppage. It is the first time both guilds have walked off sets since 1960, when then-actor Ronald Reagan was SAG's leader.

"What we won in 1960 was our health and pension plans and the existence of residuals. That was the most important strike in LA union history, and now we're on strike together again, and honestly, this strike is even bigger," Adam Conover, host of the TV series "Adam Ruins Everything" and member of the Writers Guild negotiating panel, said outside Netflix. **—AP**

# Why Timothee is Wonka



'Wonka' director Paul King said that actor Timothee Chalamet, who will now be playing the role of the wild chocolate maker Willy Wonka in the film, got the role of the iconic character from Roald Dahl's novel without an audition simply because of his viral YouTube videos from high school.

Earlier, actors such as Donald Glover, Ezra Miller and Ryan Gosling were touted to play Willy Wonka, though it was Timothee Chalamet who ultimately got the offer to play the lead in director Paul King's spin-off prequel film.

King said, quoted by 'Variety', "It was a straight offer because he's great and he was the only person in my mind who could do it. But because he's Timothee Chalamet and his life is so absurd, his high school musical performances are on YouTube and have hundreds of thousands of views. So I knew from stanning for Timmy Chalamet that he could sing and dance really well".

King further mentioned, "I knew that was in his arsenal, but I didn't know how good he was. When I spoke to him he was quite keen. He'd done tap dancing in high school and he was like, 'I'd quite like to show people I can do that.'"

The director further said that 'Wonka' "is a proper musical that feels like a really fun hat off to the golden age of MGM musicals." But despite its fun tone, the movie will pack a somewhat darker tone because Willy Wonka's own world is just as cruel and mean as Charlie's own.

'Wonka' will open in theatres on December 15, 2023.

**—IANS**

# PC's support

Actor Priyanka Chopra Jonas has lent support to the strike called by a Hollywood's actors union and said she stands in solidarity with her colleagues.

The Screen Actors Guild-American Federation of Radio and Television Artists (SAG-AFTRA) on Thursday voted to join screenwriters in the first joint strike after failing to reach a consensus for a new contract with the studios and streaming services, represented by the Alliance of Motion Picture and Television Producers (AMPTP).

"I stand with my union and colleagues. In solidarity, we build a better tomorrow. #SagAftraStrong #SagAftraStrike," Priyanka wrote on Instagram on Friday night alongside a photo of SAG-AFTRA logo.

The strike by Hollywood actors is the first strike since 1980. It is also the first instance when two major Hollywood unions have been on strike at the same time since 1960.

Members of the Writers Guild of America (WGA) have been on strike since early May, demanding better wages, higher minimum pay, more writers per show, and shorter exclusive contracts among other things.

Priyanka was most recently seen in "Citadel", streaming service Prime Video's globetrotting spy series alongside Richard Madden.

In Hollywood, she has also featured in television series "Quantico" and movies such as "Baywatch", "Isn't It Romantic", "The Matrix Resurrections" and "Love Again". **PTI**

# Chai-Time

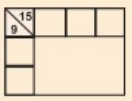
## SOLVE IT IN A MINUTE

$3^{-1} \div 6^{-1} / 2^{-1} \times 5^{-1} = ?$


mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

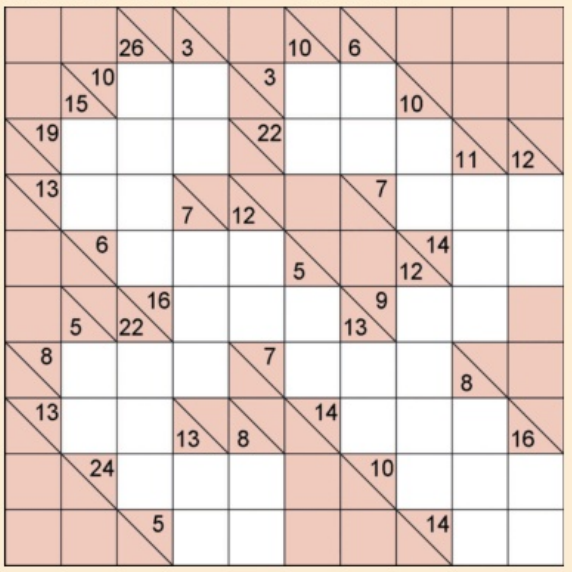
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

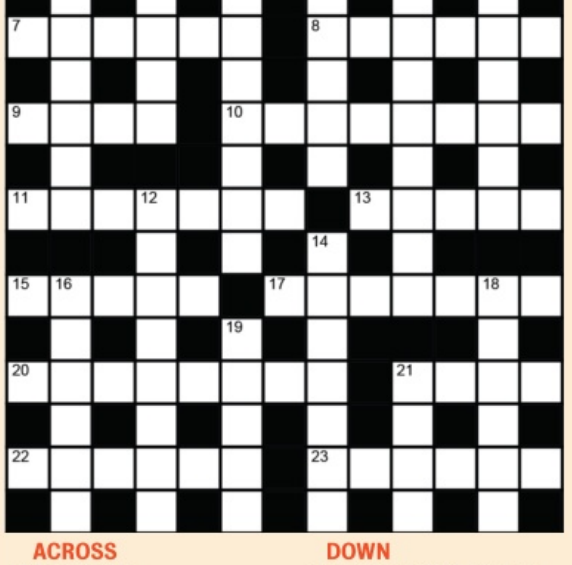



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Penalise (6)
8 Confirm or preserve, defend (6)
9 Birds lay them (4)
10 An armed soldier (8)
11 Samuel Johnson's biographer (7)
13 Secret store or hiding place (5)
15 Coral island (5)
17 Verses of a poem (7)
20 ____ Memorial Hall: Venue for plays and musical performances in Kodandarampura (8)
21 Bodily hurt (4)
22 Cried or sobbed like an infant (6)
23 Pinched or bit (6)

**DOWN**

1 Keen for action, combat (4-2)
2 Immerses in water (4)
3 Choir music (7)
4 Manacles (5)
5 Endanger (8)
6 Beseeches (6)
12 Fancy that ( in a manner of speaking )! (4,4)
14 Engraving with acid (7)
16 The capital of Iran (6)
18 Tolerated (6)
19 Breezy (5)
21 ___ up : enthuses or elates (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: Q EQUALS G**

QVXXFRQ AVBACV XB CFNV EBG FW KVSVCE XUV BXUVS WFPV BO CFNFRQ XUVK.

## Linemaro

I look at you the same way we look at giraffes, saying 'I bet you were just born awesome'

## Mindchow

He is braver who overcomes his desires than he who overcomes his enemies

## Joke of the day

Give a man a fish and he will eat for a day. Teach him how to fish and he will sit in a boat and drink beer all day

## Loop

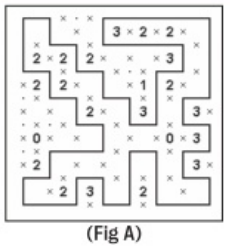
### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

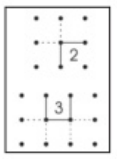
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

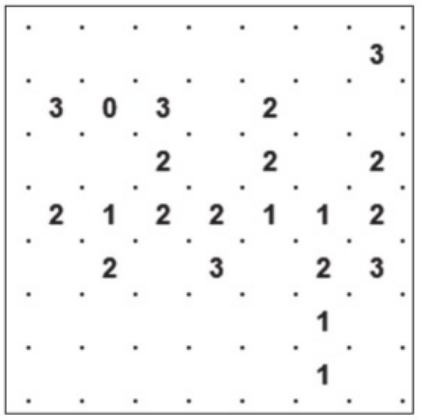
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



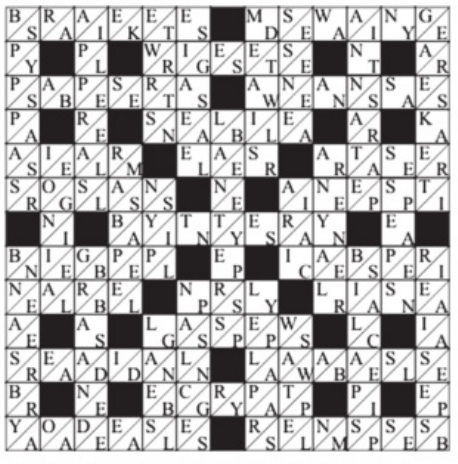
(Fig A)



(Fig B) Not Allowed



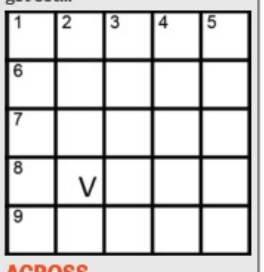
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

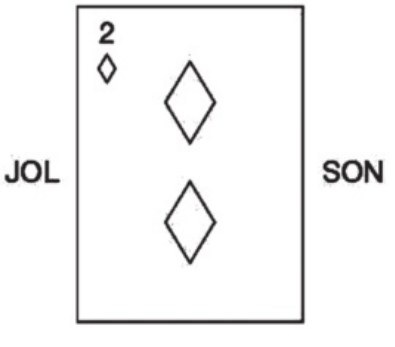
1 Rotis; 6 En Che; 7 Re Cur; 8 Olio V; 9 Being

**DOWN**

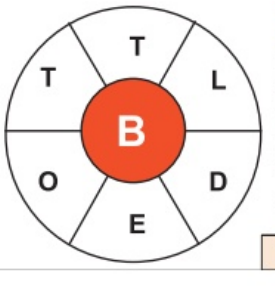
1 Broth; 2 Re Vee; 3 Coign; 4 Uli Co; 5 Siren

## Mensapuzzle

What word is indicated below?




## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | | | 3 | | | |
| | | 5 | 2 | | 9 | | 4 | |
| 3 | | | | | | 6 | | |
| 8 | | 2 | | 6 | | 4 | | |
| 1 | | | 9 | | 8 | | | 3 |
| | | 4 | | 3 | | 7 | | 8 |
| | | 8 | | | | | | 6 |
| | 6 | | 3 | | 5 | 2 | | |
| | | | 4 | | | | | 5 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

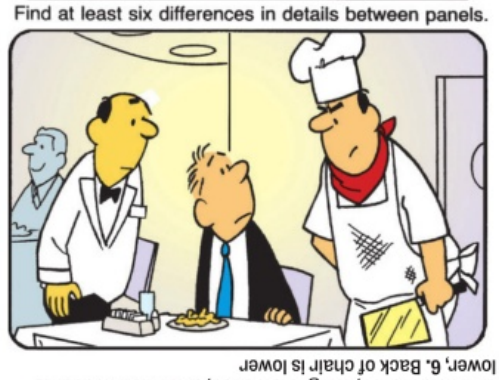
Easy ☐☐☐☐☐☐☐ = 10
1 2 2 9

Medium ☐☐☐☐☐☐☐ = 32
3 5 6 7

Hard ☐☐☐☐☐☐☐ = 1
2 5 8 2

## Hocusfocus

Find at least six differences in details between panels.



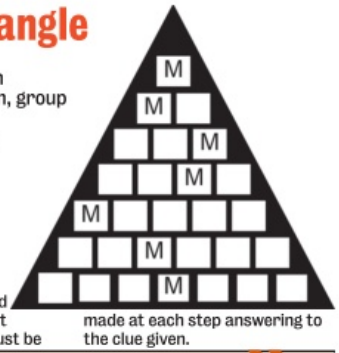
**Differences:** 1. Hand is moved, 2. Cleaver is larger, 3. Arm is moved, 4. Light is moved, 5. Window in door is lower, 6. Back of chair is lower

## Riddler

I am a set of three words, all with the same four letters. First I am a type of carriage. Then switch my middle letters, and I am a cover often useful on a diamond. Now switch my end letters ... When you see me, you also see hair. What are the words?

## Alpha triangle

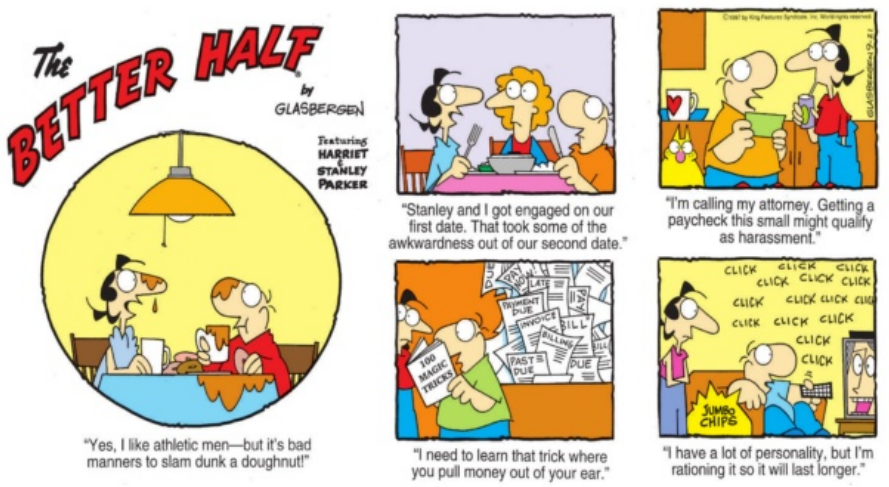
1 13th letter
2 Personal pronoun
3 Losing My Religion, group
4 Encrust
5 Scrooge, for one
6 Boil gently
7 Phelps or Spitz?



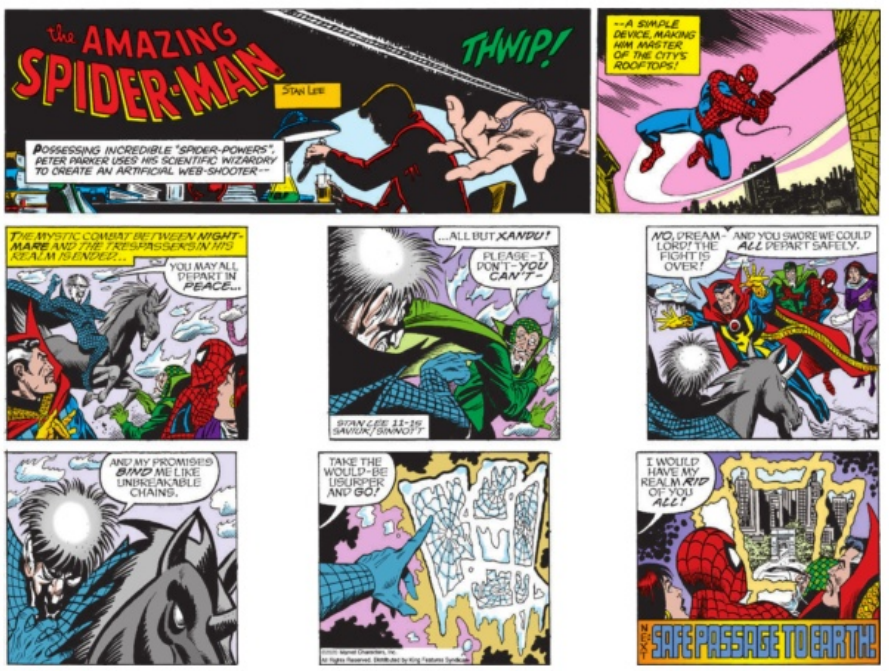

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

## COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
"Yes, I like athletic men—but it's bad manners to slam dunk a doughnut!"
"Stanley and I got engaged on our first date. That took some of the awkwardness out of our second date."
"I'm calling my attorney. Getting a paycheck this small might qualify as harassment."
100 MAGIC TRICKS
"I need to learn that trick where you pull money out of your ear."
CLICK
JUMBO CHIPS
"I have a lot of personality, but I'm rationing it so it will last longer."

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
THIS IS NICE.
MM-HM.
A COZY LITTLE HOUSE, GREAT HUSBAND, HEALTHY KIDS...
...I THINK I GOT EXACTLY THE LIFE I ALWAYS DREAMED OF.
BAARRRRRF! EWWWWW! AAUGH! I STEPPED IN IT!
I JUST WASN'T EXPECTING ALL THE GLAMOUR.


the AMAZING SPIDER-MAN
STAN LEE
THWIP!
POSSESSING INCREDIBLE 'SPIDER-POWERS', PETER PARKER USES HIS SCIENTIFIC WIZARDRY TO CREATE AN ARTIFICIAL WEB-SHOOTER--
--A SIMPLE DEVICE, MAKING HIM MASTER OF THE CITY'S ROOFTOPS!
THE MYSTIC COMBAT BETWEEN NIGHT-MARE AND THE TRESPASSERS IN HIS REALM IS ENDED!..
YOU MAY ALL DEPART IN PEACE...
...ALL BUT XANDU!
PLEASE--I DON'T--YOU CAN'T--
STAN LEE 11-15 SAVIOR/SINNOTT
NO, DREAM-LORD! THE FIGHT IS OVER!
AND YOU SWORE WE COULD ALL DEPART SAFELY.
AND MY PROMISES BIND ME LIKE UNBREAKABLE CHAINS.
TAKE THE WOULD-BE USURPER AND GO!
I WOULD HAVE MY REALM RID OF YOU ALL!
SAFE PASSAGE TO EARTH!

## WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you are blessed by Jupiter, which may give you confidence. You may be able to take important decisions confidently. You are decisive as well, so you may grab opportunities without a second thought. You are likely to spend money on family and friends. Love birds may enjoy their happy moments. Job aspirants may likely get a suitable job with the help of friends.

**Taurus** Apr 21 – May 20
Today, you may have a dull feeling. You may not enjoy your day and may be a victim of arrogance. It may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

**Gemini** May 21 – Jun 21
Today, you may feel energetic and perform efficiently at work. Your hard work may finally pay off, boosting your confidence. Property-related disputes with siblings are likely to be resolved now. Your meeting with an influential person may boost your network.

**Cancer** Jun 22 – July 23
Today, you are blessed by the moon, making you happy. You are likely to secure a big order with the help of your communication skills. You are polite with the people around you and may take some difficult decisions in business with the help of your colleagues.

**Leo** Jul 24 – Aug 23
Today, you are blessed by the moon, making it a good day for you. You have good vitality and may enjoy your work, as well as romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start a new project, and your perfection may help you design the flow chart. Job seekers will find a suitable job. Love birds are advised to avoid discussions on worthless topics.

**Virgo** Aug 24 – Sep 23
Today, you may not feel well, as old health issues may arise and make you upset. You may make some wrong decisions due to impatience and haste. It is advised to think twice before making any decision. It is also advised not to keep money loose, as you may end up spending it on buying worthless stuff.

**Libra** Sep 24 – Oct 22
Today, you are blessed by the moon, which may make you happy. You are likely to have good gains from your past investments. You may be able to make quick decisions in terms of work, which may bring you good gains in the near future.

**Scorpio** Oct 23 – Nov 22
Today, you may be busy at work, and with the help of your strong network, you may be able to successfully implement your plans. Your wisdom may help you gain profits from past investments. You may enjoy romantic moments with your spouse, which will increase harmony in your domestic life. Love birds may enjoy their happy moments.

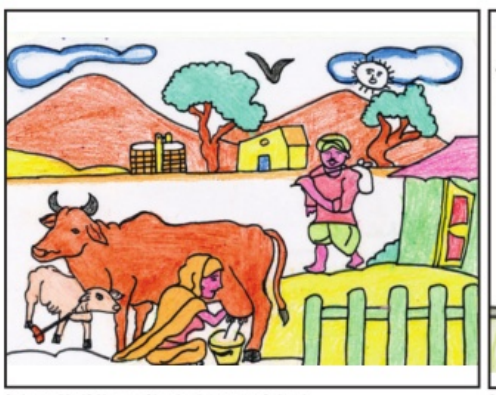
**Sagittarius** Nov 23 – Dec 22
Today, you are blessed by the moon, which may make you happy. Last week's crunch is now over, and with the blessing, you may receive the reciprocation of your hard work. With the help of your subordinates, you may be able to initiate your postponed work. There are some gains in your business, which may boost your finances.

**Capricorn** Dec 23 – Jan 20
Today, you may feel dull and have some health issues. You are advised to postpone making investments in the business and not start a new venture. You are likely to face losses in the business, and your gains may convert into losses.

**Aquarius** Jan 21 – Feb 19
Today, you may be enthusiastic, which may speed up your project. You may be able to make quick decisions that will benefit your business. You may also start a new innovation in partnership. However, investments in fixed assets with a business partner are not advised.

**Pisces** Feb 20 – Mar 20
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount that was stuck somewhere may likely be recovered. You may also apply for a loan to buy some luxury-related items.

## KIDZONE


Sahana M, 12 Years, Sheshadripuram School

Shreyas Iyer, 4 years, VIBGYOR High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**SOLVE IN 1M**
(1/3 ÷ 1/6) / (1/2 x 1/5)
(1/3 x 6/1) / (1/10)
(6/3) / (1/10)
2 ÷ 1/10
2 x 10/1
20

**RIDDLER**
trap = a light one-horse carriage, tarp = a canvas cover, one use is to protect a baseball diamond from rain, part = the line that divides hair, as when combing

**QUOTE UNCODE**
Getting people to like you is merely the other side of liking them.

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| T | R | I | O | S |
| H | E | N | C | E |
| R | E | C | U | R |
| O | V | O | L | I |
| B | E | G | I | N |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | R | A | K | E | S | M | E | W | I | N | G | | | |
| Y | P | R | I | S | E | S | N | A | | | | | | |
| P | A | P | E | R | S | A | N | A | N | A | S | | | |
| A | E | S | A | B | L | E | A | K | | | | | | |
| S | I | A | M | L | A | S | A | T | E | E | | | | |
| S | O | L | A | N | N | I | N | E | P | T | | | | |
| N | I | G | E | L | E | G | A | B | E | R | | | | |
| A | A | G | A | S | E | S | C | I | | | | | | |
| E | A | R | L | P | R | Y | L | I | S | A | | | | |
| H | E | N | C | E | | | | | | | | | | |
| R | A | D | I | A | N | L | A | B | E | L | S | | | |
| C | H | O | W | D | I | A | H | P | A | I | N | | | |
| A | T | O | L | L | S | T | A | N | Z | A | S | | | |
| B | O | S | W | E | L | L | S | T | A | S | H | | | |
| E | G | G | S | R | I | F | L | E | M | A | N | | | |
| A | P | P | L | E | S | A | U | C | E | | | | | |
| S | C | O | R | P | I | O | N | S | | | | | | |
| Y | O | D | E | L | S | S | E | N | S | E | S | | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | D | C | T | C | P | | | | | | | | | |
| P | U | N | I | S | H | U | P | H | O | L | D | | | |
| G | S | D | | | | | | | | | | | | |
| N | L | Y | G | S | D | | | | | | | | | |
| B | A | W | L | E | D | N | I | P | P | E | D | | | |
| R | E | N | I | E | D | | | | | | | | | |
| C | H | O | W | D | I | A | H | P | A | I | N | | | |
| E | L | W | C | B | | | | | | | | | | |
| A | T | O | L | L | S | T | A | N | Z | A | S | | | |
| E | E | E | E | | | | | | | | | | | |
| B | O | S | W | E | L | L | S | T | A | S | H | | | |
| H | A | S | A | D | | | | | | | | | | |
| E | G | G | S | R | I | F | L | E | M | A | N | | | |
| N | P | O | F | R | E | | | | | | | | | |

**MENSA PUZZLE**
cardinal

**BULL'S EYE**
belt, bled, blot, BLOTTED, bode, bold, bole, bolt, bolted, bottle, BOTTLED, debt, lobe, lobed

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 4 | 7 | 6 | 5 | 3 | 1 | 8 | 2 |
| 6 | 8 | 5 | 2 | 1 | 9 | 3 | 4 | 7 |
| 3 | 2 | 1 | 8 | 7 | 4 | 6 | 5 | 9 |
| 8 | 3 | 2 | 5 | 6 | 7 | 4 | 9 | 1 |
| 1 | 7 | 6 | 9 | 4 | 8 | 5 | 2 | 3 |
| 5 | 9 | 4 | 1 | 3 | 2 | 7 | 6 | 8 |
| 4 | 5 | 8 | 7 | 2 | 1 | 9 | 3 | 6 |
| 7 | 6 | 9 | 3 | 8 | 5 | 2 | 1 | 4 |
| 2 | 1 | 3 | 4 | 9 | 6 | 8 | 7 | 5 |

**ALPHA TRIANGLE**
M, Me, REM, Rime, Miser, Simmer, Swimmer.

**GO FIGURE**
Easy
2 + 9 – 2 + 1 = 10
Medium
5 x 7 + 3 – 6 = 32
Hard
5 – 8 + 2 + 2 = 1

**LOOP**

**KAKURO**

Volume No 16, Issue No 6 RNI NO:KARENG/2007/22325 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore – 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru – 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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ಆರ್‌ಯು ನಟ್ಸ್ ಗೋಡಂಬಿ 320

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ಆರ್‌ಯು ನಟ್ಸ್ ಬಾದಾಮಿ

SAVE 22% — 250g ₹230 ~~₹295~~

ಮೋಲ್ಸಿಸ್ ಕಾಜು ಕತ್ಲಿ

SAVE 33% — 1L ₹190 ~~₹285~~

ಬೋಲಾಸ್ ತೆಂಗಿನ ಎಣ್ಣೆ

*ಈ ದರ 19ನೇ ಜುಲೈ 2023 ರವರೆಗೆ ಮಾತ್ರ

*ಷರತ್ತುಗಳು ಅನ್ವಯ

ವಿಶ್ವದ ಅತ್ಯಂತ ರುಚಿಕರ ಡ್ರೈಫ್ರೂಟ್ಸ್ ಮತ್ತು ನಟ್ಸ್ 25ಕ್ಕೂ ಹೆಚ್ಚು ದೇಶಗಳ ರೈತರಿಂದ ನೇರವಾಗಿ ನಿಮ್ಮಲ್ಲಿಗೆ, ಅದೂ ಕೈಗೆಟಕುವ ಬೆಲೆಗಳಲ್ಲಿ.

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